

# Department of Chemistry

## Add On Course

*An endeavour towards future footstep*

**Course Title: Understanding Food Habits,  
Nutrition and Health**

**Kishore Bharati Bhagini Nivedita College (Co-Ed)**

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## Add On Course Plan Specification

### Subject Name: Chemistry

#### A. Basic Information:

Course title	<b>Understanding Food Habits, Nutrition and Health</b>
Name of Course Coordinator	<b>Mr. Mahananda Roy</b>
Credit hours	<b>30</b>
Programs in which the course is offered	<b>B.Sc. Honours and General</b>
Level/Year at which this course is offered	<b>Second Semester</b>

#### B. Course Objectives:

This course explores into the intricate relationship between food habits, nutrition and health, offering a nuanced exploration of the multifaceted factors influencing dietary choices. Through a blend of theoretical discourse and hands-on engagement, students will unravel the cultural, social, and economic dimensions shaping food preferences. From dissecting nutritional requirements to scrutinizing dietary patterns and their implications on health, this course navigates through the complexities of contemporary dietary landscapes. Students will emerge equipped with the knowledge and skills to decipher nutritional labels, advocate for sustainable food practices, and foster holistic well-being through informed dietary decisions.

- **To understand the importance of food habits in maintaining health.**
- **To explore cultural and societal influences on food choices.**
- **To analyse different dietary patterns and their nutritional implications.**
- **To examine the relationship between food habits and prevalent health issues.**
- **To develop strategies for promoting healthy eating habits.**

This course structure provides a comprehensive overview of food habits, nutrition and health, while also incorporating practical sessions to enhance students' understanding and skills in promoting healthy eating habits.

### C. Course Description:

Module	Unit	Credit	Hours
<b>Module 1:</b> <b>Introduction to Food Habits</b>	Overview of Food Habits and Nutrition	1	1
	Cultural Influences on Food Choices	1	1
	Social and Economic Factors Affecting Food Habits	1	1
	Practical Session: Food Diary Analysis	2	2
<b>Module 2:</b> <b>Nutritional Requirements and Dietary Guidelines</b>	Basic Nutritional Requirements	1	1
	Dietary Guidelines and Recommendations	1	1
	Tutorial Session: Menu Planning for Different Dietary Needs	2	2
<b>Module 3:</b> <b>Understanding Macronutrients and Micronutrients</b>	Carbohydrates: Types and Functions	1	1
	Proteins: Sources and Importance	1	1
	Fats: Types and Health Effects	1	1
	Micronutrients: Vitamins and Minerals	1	1
	Practical Session: Nutrient Analysis of Common Foods	2	2
<b>Module 4:</b> <b>Dietary Patterns and Health</b>	Mediterranean Diet and Its Health Benefits	1	1
	Vegetarian and Vegan Diets	1	1
	Impact of Fast Food and Processed Foods on Health	1	1
	Practical Session: Cooking Demonstrations of Healthy Recipes	2	2
<b>Module 5:</b> <b>Special Dietary Considerations</b>	Diet and Disease: Role of Nutrition in Chronic Diseases	1	1
	Nutrition during Pregnancy and Lactation	1	1
	Nutrition for Infants, Children, and Adolescents	1	1
	Tutorial Session: Meal Planning for Special Dietary Needs	2	2
<b>Module 6:</b> <b>Promoting Healthy Eating Habits</b>	Strategies for Behaviour Change: Motivation and Goal Setting	1	1
	Reading Food Labels and Making Informed Choices	1	1
	Food Marketing and Its Influence on Food Choices	1	1
	Practical Session: Designing Educational Materials on Healthy Eating	2	2
<b>Culminating Project and Review</b>	Presentation of Culminating Projects		
	Course Review and Feedback		
<b>Total</b>		<b>30</b>	<b>30</b>

#### Assessment:

- Weekly quizzes or assignments (20%)
- Mid-term examination (30%)
- Culminating project and presentation (30%)
- Class participation and engagement (20%)

**D. Course Components (total contact hours):**

<b>Lecture: 18</b>	<b>Tutorial: 4</b>	<b>Practical: 8 Hours</b>
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Additional private study/learning hours expected for students: **15 hours**

**Scheduling of Assessment Tasks for Students:** **As and when required**

**E. Faculty and Staff Requirements for the Course:**

Numbers of Faculty Required: **1 (External Expert) + 2 (Internal)**

Number of Staff Required: **1**

**F. Learning Resources:**

Required Text(s): **Available in Library**

Electronic Media: **Available**

**G. Facilities Required:**

Classroom with ICT facility: **Available**

**H. Course Evaluation and Improvement Processes:**

**Strategies for Obtaining Student Feedback on Effectiveness of Teaching**

**Action taken plan based on feedback**

Principal

Course Co-ordinators